

Price: \$2.00 Per Year.

Anglican Church

Holy Communion, All Saints',
Oyon, 11 a.m.
Evensong, Cavendish, 3 p.m.
Evensong, Sibbald, 3 15 p.m.
Evensong, St. Mary the Vir-
gin, Empress, 7 30 p.m.
Evensong, St. Augustine, Al-
sask, 7 30 p.m.:
Rev. C. M. K. Parsons, L.Th.,
Priest in Charge.
Alexander Patterson,
Student.

Heat almost to boiling. It is wise to put as much fruit in the kettle at the commencement of this step as possible in order to exclude the air which slowly destroys the vitamins by oxidation.

Extraction.—After the pulp has reached the desired temperature it is ready to be passed through a sieve to remove the skins and seeds. At this point the necessity of haste cannot be over emphasized as the juice will lose much of its nutritive value if exposed to the air for more than a few minutes.

Botting.—Return the extracted juice to the kettle and bring to boiling. At the same time have enough sealers or small pop bottles being kept hot in the oven. Fill these bottles with juice, seal and place in boiling water. Remember to fill the bottles well up into the neck and to keep the juice hot. A cook of 2 minutes in boiling water is sufficient (cont. on back page.)

Siam's Rulers Visit Canada

A black and white photograph of a woman in a light-colored dress standing in front of a large, ornate building with multiple spires, likely a temple or palace in Siam. The woman is on the left, looking towards the camera. The building is on the right, featuring several tall, pointed spires and traditional Thai architectural elements. The scene is outdoors with some foliage visible.

The beautiful Wat Po temple, at Bangkok, capital of Siam, gives a splendid example of the country's architecture. In it, Their Most Excellent King Prajadabok and Queen Rambai Barni, on landing from the Canadian Government steamer "Lady Grey", at Montreal, where they were accorded an enthusiastic welcome.

We are agents for leading nurseries. Cut Flowers ordered on shortest possible notice.

EMPRESS DRUG CO., Ltd.

MURRAY

Bread 3 Loaves for 25c.

MURRAY

Candace and her illustrious guests for the present were undoubtedly their Magelanes, the two young men who came to the party with relatives, officials and servants from their own island. They were dressed in white, and across their country and island, few if any of the other guests were dressed in the intelligent tourist in our midst.

At the end of the Prachin-pok, pronounced Pra-chai-pok, with the accent on the second syllable, the two young men, the holder of half a dozen stirring Oriental titles, and furthermore, the possessor of a few hundred tens of millions of ten million people.

Naturally, I was very interested in him with keen interest, and all unprepared for the fact that he was a very intelligent man, steps from his train and with smiling courtesy and in English, he was very agreeable to me from that spoken by cultured Canadians present. He was an Oxford education and a form of two or three years in the United States, well to visit of mind.

Two or three of the other officials

upon a naturally noble mind of an outstandingly intelligent nature.

Slam is fortunate in her King. Under his enlightened guidance, she is moving slowly out of Oriental medievalism into real modernism as a road for the country's welfare and happiness, not by revolution or by violent caste wars of unthought things that have marred the past, but by the gradual enlightenment of the folk. That is the true future.

THE EDITORIAL BOARD

THE JOURNAL OF THE EASTERN

angship seriously. You see it in his every move, in his grave, thoughtful air, and in the serene, respectful manner in which he addresses members of his staff and approach him. More than all it is seen in what he has done for Siam. Of late Queen, Rambai Barm, column

[illegible]

Government To Secure Proper Control For The Beauharnois Project

Ottawa, Ont.—The Dominion Government will seek to secure proper control and management for the Beauharnois Power Company and protect the bona fide investors in this project. The powers conferred upon the Government under the bill which declared the navigation and of the project to be for the general advantage of Canada, is expected to enable the cabinet to exercise pressure in this connection.

Premier R. B. Bennett made a very important statement in the House of Commons Saturday night, August 1, as to the attitude of the ministry regarding the future of the enterprise. The Government, by every means in its power, will endeavor to secure the continuance of the undertaking.

The Prime Minister made it clear, however, that neither the Government nor parliament had any power to set aside the corporate rates of the Beauharnois Company created by the Quebec legislature, nor deprive its shareholders of the shares they own.

The two Beauharnois bills—the one dealing with authority to take over the navigation phase of the project, and the other to provide statutory authority to divert the water from the St. Lawrence into the canal, passed the House unanimously Saturday night, August 1. Some minor amendments were carried to make them more effective.

Hon. C. H. Cahan explained that the bills had been framed in consultation with counsel for the Quebec government and the Government and these changes were chiefly precautions Quebec suggested.

The bills were satisfactory to the Province of Quebec, and do not affect its rights in any way. The question is to the relative rights of the Province of Quebec and the Dominion in respect to the water powers created by the canal will be submitted to the courts as soon as possible. It will give the courts a specific case to decide upon.

Hon. Ernest Lapointe, former Minister of Justice, made a lengthy speech in which he declared the water powers at Beauharnois belonged to Quebec in the same way as Niagara belonged to Ontario. Quebec did not interfere with Ontario when that province was deciding that it should develop Niagara power by public ownership. Mr. Lapointe agreed with an exception from Hon. C. H. Cahan, Minister of Public Works, that no

Hon. Mackenzie King Defends The Record of His Administration

Ottawa, Ont.—Protesting that "insinuation and insinuation" that the former government was sandwiched between the report of the committee on Beauharnois, Rt. Hon. Mackenzie King, leader of the opposition, defended the record of his administration. Mr. King stated the government which, on Friday, March 8, 1929, passed the order-in-council approving the plans of the Beauharnois Corporation.

The Beauharnois project had been approved by his government on its merits, Mr. King declared. Not a single statement made during the investigation showed that political influence had been used to pressure the government who granted the application for this great development. There should have been a direct statement in the report that "political influence was exerted it had not been felt by the government."

The report should have brought out not a cent had been paid to influence any member of the government in granting the application.

At some length, the opposition leader reviewed the history of the application. The Province of Quebec, he asserted, had granted the Beauharnois Company the right to develop power. The Province of Ontario, through Hon. G. Howard Ferguson, had expressed approval of the project. In support of this statement Mr. King quoted from a letter written by Mr. Ferguson to Premier L. A. Taché, re: "Quebec, to the effect that Beauharnois would probably be of material value to the Province of Ontario when it required further electrical energy."

Indirectly Mr. King referred to the fact that certain of his friends were implicated in the report.

"All of us have our friendships,"

one on the conservative side, over questioned Quebec's rights. The approaching provincial election in Quebec was declared by Hon. Maurice Dupré, Solicitor-General, to be the reasons for Mr. Lapointe's speech in defence of the rights of that province. The former Minister of Justice wanted to strengthen the position of his party. Mr. Dupré declared he was just as determined as was Mr. Lapointe that Quebec's rights should be protected.

Bill Passes House

Federal Government Contributes 75 Per Cent. Toward Old Age Pensions

Ottawa, Ont.—Third reading was given in the House of Commons to the government's measure providing for a Federal contribution of 75 per cent. toward old age pensions, the provinces contributing the remaining 25 per cent. The amendment to the bill was suggested by the Prime Minister on the promptings of several opposition members. It was that the clause in the preamble of the act expressing the desirability of establishing old age pensions on a contributory basis should be amended. The House approved the amendment.

Royalty Visiting Canada

King and Queen Of Siam Remains Until September

Scarborough, N.Y.—From the observation platform of a special train which was to bear them to Quebec, for a five weeks' tour of Canada, King and Queen of Siam waved farewell to the people of Siam whom they had lived in Westchester County for three months.

After visiting points of interest in Eastern Canada the royal party will be in Quebec for the night of the government, August 10 and 11. They will sail in September from Vancouver.

Exempted From Excise Tax

Ottawa, Ont.—Goods with a value below \$25 were exempted from the one per cent. excise tax in an amendment proposed in the House of Commons, Tuesday, July 21, 1931, by Premier R. B. Bennett. The goods must be brought across the border by mail or express.

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Teachers' Federation

1932 Convention Will Be Held In Regina

Moncton, N.B.—The 1932 convention of the Canadian Teachers' Federation will be held in Regina. An invitation extended by J. Mackay, and supported by a letter from the mayor of that city was accepted at the annual convention.

Miss Catherine M. Strath, of Windsor, Ont., was elected first vice-president to fill the vacancy caused by the resignation of A. S. MacFarlane, of Fredericton, who was recently appointed superintendent of education for New Brunswick. A. R. Fisher, of Saint John was elected second vice-president to fill the place formerly occupied by Miss Strath.

The secretary, M. J. Caldwell, of Regina, submitted his report of the year which dealt with the seriousness of the situation in regard to the prevailing depression. Western Canada, in particular, was faced with the certainty of a crop failure. Among the people there was a growing feeling that something was fundamentally wrong with an economic system which produces in abundance and yet tolerates a condition of want and extreme poverty in the midst of plenty.

The report also dealt with the results of the game, the study the problem and assist mankind in finding a solution.

Floods Destroy Chinese Crops

Vast Areas Are Under Water and Hundreds Of People Dead

Shanghai, China.—Vast areas of Central China were under water here, perhaps thousands, were dead and the prices of foodstuffs soared 30 per cent. in many cities as the result of one of the worst floods in 60 years.

Crops were severely damaged, pre-arranged families during the coming fall and winter. The Hankow correspondent of the Associated Press reported the Yangtze River at that point had risen higher than ever before in the history of modern records. He said the streets of cities throughout the great Central China basin, indicating the widespread nature of the calamity. Nothing like this had ever happened before, and thousands were made homeless.

Praise For H. Marler

Premier Bennett Refers To Good Work Of Minister To Japan

Ottawa, Ont.—Tribute to the work performed by Hon. Herbert Marler, Canadian Minister to Japan, in promoting trade with the Orient, was paid in the House of Commons by Premier R. B. Bennett. The Prime Minister stated that Mr. Marler had entered upon his duties with enthusiasm and discharged them "zealously and with great toil." He had done much to raise the name of Canada in the Japanese capital.

Reference to Mr. Marler came when an appropriation of \$80,000 for expenses of the Tokyo Legation was under consideration by the committee of supply. The item was approved.

Dynastic Blast Rocks House

Ottawa, Ont.—With a roar that shook the capital's up-town area and Parliament Hill, a five-pound box of dynamite was set off by a spark from a steam shovel, and 200 windows were shattered within an area of a city block. No one was injured. The dynamite was to have been used in the demolition of an old bank building at the corner of Wellington and O'Connor streets.

HELP RESPECTIVE COUNTRIES WITH ECONOMIC STRENGTH

Lord Bledisloe (left) Governor-General of New Zealand, and Sir Henry Isaacs, Governor-General of Australia (right), both of whom have voluntarily taken the lead in the general reduction of the Government ministers and civil servants of the two countries.

NEW LIEUT.-GOVERNOR



His Honor W. L. Walsh, who was recently appointed Lieutenant-Governor of the Province of Alberta.

Want Wheat Price Bolstered

Committee On Agriculture Urges Ottawa To Prevent Drastic Drop

Ottawa, Ont.—"In view of the evidence given before the committee it is recommended that the government take whatever steps it may deem necessary to prevent a drastic decline in the price paid to producers of wheat during the fall months when the bulk of the crop is being marketed."

This was one of the chief recommendations of the House of Commons Committee on Agriculture, which drafted its report, recording its investigation into the methods of handling and marketing agricultural products.

The report also commends the activities of the officers of the Department of Agriculture in putting before the farmers their suggestions for solution of various problems, and particularly urges them to disseminate information regarding the cause of and remedy for soil drifting, especially on the open prairie, and also the precautions to take in seeding down to grass or clover, or the planting of trees and shrubs as possible remedial measures.

The important question of how to get the producer the maximum return for his produce and the relation of the spread between producer and consumer was given careful study by your committee," says the report.

Death Of Former Minister Of Justice

During War Years

Westmont, Que.—An outstanding career in Canadian legal and political life was closed with the death at his home of Rt. Hon. C. J. Doherty, Minister of Justice for Canada during the war years and until 1921, when he retired from public life. Mr. Doherty was stricken with pneumonia on June 3, the illness taking a critical turn three weeks ago. His condition became even more serious and death resulted at 6:45 p.m. Tuesday, July 28.

Mr. Doherty filled his 76 years of life with a variety of service to his country. He was a captain in the expeditionary force of the Boer War, and for many years a justice judge of the superior court of Quebec, and was a member of parliament, representing St. Amant, Montreal, from 1908 to 1911.

Senate Passes Two Acts

Ottawa, Ont.—The senate passed the Government Bill which would reduce the necessity for re-election of members of parliament when appointed or cabinet members. The act amending the Red Cross act was also passed.

HELP RESPECTIVE COUNTRIES WITH ECONOMIC STRENGTH

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Bracken Plan Approved For Reorganization Of Manitoba Wheat Pool

Canada-South Africa

Trade Treaty Foreseen

Johnsbourg Officials Investigating Most Suitable Terms For Agreement

London, England.—Successful negotiation of a trade treaty between Canada and the Union of South Africa is predicted in a dispatch received here from Johannesburg.

Pointing to the activity of the South African Government in the matter, the Johannesburg correspondent says that officials of the Department of Trade and Commerce as well as of the Department of Finance have been busy engaged investigating the most suitable terms for an agreement.

The conclusion of an independent treaty between the two Dominions will be one result of the postponement for one year of the Empire Economic Conference at Ottawa, the dispatch claims.

Bill Becomes Law

British Unemployment Measure Passed By House Of Lords

London, England.—The unemployment insurance bill sponsored by the MacDonald Government became law when the remaining stages of the measure were passed by the House of Lords. It had already been given royal assent by the House of Commons.

The bill, drawn up following the terms of the royal commission on the "dole," was designed to correct certain abuses in the distribution of unemployment insurance money which have cost a considerable amount. In the Commons, the bill was attacked by the Liberal Group, led by Sir John Simon, Labour, and supported by the Conservative Group, led by Sir Oswald Mosley, as well as by the entire Conservative Party.

To Distribute Relief

C.N.R. Employees To Lay Off Half Day Per Week

Montreal, Que.—Following an agreement reached between the management of the Canadian National Railways and representatives of the railway employees, it was announced recently that commencing August 1, 1931, the employees of the Canadian National Railways receiving less than \$4,000 per annum will lay off one-half day per week without pay, and payroll deduction will be made accordingly. This information is contained in an official letter to heads of departments, signed by Sir Henry Thornton, chairman and president of the railway.

Canada's Legations

In Foreign Countries Will Be Maintained

Ottawa, Ont.—Legations established by Canada in foreign countries will be maintained. "We will support in every possible way their usefulness," Premier R. B. Bennett told the House of Commons, when the appropriation of \$100,000 for the Vancouver legation was under consideration. The vote was carried. The Prime Minister had doubts as to whether these legations were worth the money from a purely diplomatic point of view.

The Government intended to maintain the foreign legations to the best of its ability, "hoping that as the days go by a clearer perception of their value in the field of commercial activities may make their maintenance more desirable and more justifiable," Mr. Bennett said. "If we consider them and weigh them in the pure realm of diplomatic usefulness, they will find it hard to justify some portions of the expenditures incurred."

From the standpoint of commercial activities, however, Mr. Bennett thought the benefits outweighed the costs.

The discussion was brought up when Rt. Hon. Mackenzie King child the Prime Minister with changing his views about these legations. The Liberal group read from Mr. Bennett's speeches when in opposition, in which it had been argued that the Dominion's representatives should be

Brandon, Man.—The proposals of Premier John Bracken for reorganization of Manitoba's wheat pool and its subsidiary elevator system were approved in a close vote of a two-day convention of pool delegates. Three amendments were made in the premier's suggestions, advanced a month ago.

In all three cases concessions were made to the elevator association. Delegates supported a plan whereby the pool directorate will consist of nine members, two appointed by the provincial government with power of veto on all questions.

Premier Bracken agreed that elevator associations be permitted to distribute to members dividends on any cash surpluses now held and earned on crops of 1929 and 1930. This was a concession in the status of the original plan that the surpluses be handed over to the government.

The government, through its leader, agreed also to permit distribution of any surplus held by the pool which should properly go to platform ship. This was a concession in the status of the original plan that the surpluses be handed over to the government.

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Work Shorter Hours

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Amendments To Customs Act

Ottawa, Ont.—Because of legal conflict over Canada's jurisdiction between the customs of the House of Commons recently accepted an amendment to the Customs Act, suggested by the senate. Whether the amendment would be beyond the three-mile limit was being determined by the Privy Council, said Premier R. B. Bennett. The senate amendment would clarify this situation pending judgment.

Incorporated in the personnel of the

British embassies so that the Empire would, on diplomatic issues, speak with a united voice.

Mr. King compared this with Hon. W. D. Herridge, the present Canadian Minister to Washington, saying that Canadian legislation served a useful purpose to Canada in bringing the whole British Empire together. He declared the present government was faced with the concrete situation of the Empire, which they do not possess, and would continue them. Mr. Bennett said he had supported the doctrine of Sir Robert Borden that Canada should have had its legation in the same premises as the British Embassy to proclaim solidarity of the Empire. He had not changed his views in that regard. He thought, however, Canadian commercial attaches should be separate from the British Embassy.

"What the ultimate effect will be of the assertion in strange countries of sovereignty which you do not possess, and of a position which we cannot in any sense occupy unless we change our relations to the motherland and to the other parts of the British Empire, is a matter which will not be settled in a single day, a single year, or even years or ten," said Mr. Bennett.

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

1911

Canadian Sales In United Kingdom

Empire Marketing Board Reports Progress In Empire and Foreign Markets

A steady increase in the sales of Australian and other Empire produce in the United Kingdom is recorded in the annual report of the Empire Marketing Board just published.

"The growing habit of buying from within the Empire has attained an impetus in the United Kingdom," states the report, "which even the world wide economic depression has been powerless to retard."

Twenty-two commodities, drawn from four Dominions and several Colonies, were noted in the annual report of the Empire Marketing Board for 1928-1929, as having been imported into the United Kingdom in the previous two seasons in greater quantities than ever before in their histories. Again, the Board's Annual Report for 1929-1930 showed that twenty-five new records had been set up in the year then under review. Of Empire foodstuffs: half of these did even better in the year now being considered, while a further significant list of Empire foodstuffs established records. Apples from Canada and from New Zealand reached the United Kingdom in record quantities in 1929, as did bananas from the British West Indies, butter and cheese from New Zealand, coffee from Java, eggs from Africa, currants from Australia, eggs from Australia and South Africa, grapefruit from South Africa, and Palestine, lamb from New Zealand, oranges, peaches, plums, sugar and wine from South Africa, pears from the United Kingdom, and tobacco from India.

A number of other foodstuffs are also mentioned in the report for which, while the 1929 season was not reached in 1930, the last year's imports surpassed all previous years, except 1929. These include Australian raisins and sultanas, New Zealand frozen pork, Ceylon tea, Australian sugar, and British Malayan canned pineapples.

The people of the United Kingdom are proving themselves steadily more willing to buy from within the Empire. Many factors have combined in bringing about this encouraging result. First, more scientific attention is being paid today than ever before by Empire producers to the need for supporting the natural high quality of their goods by grading and orderly marketing in all its branches. Secondly, distributive traders of all kinds in the United Kingdom have shown themselves wholeheartedly resolved to further the progress of Empire buying along sound economic lines. Thirdly, the contact between producers overseas and wholesale and retail traders in the United Kingdom grows steadily closer. Fourthly, consumers in the United Kingdom, men and women, are becoming more aware of the excellent and wide range of Empire products and of the importance of Empire buying.

Eight methods of publicity have again been used.

First, advertisements have been inserted in the national press and in local and provincial papers.

Secondly, posters have been displayed on the 1,750 frames distributed over 450 towns. The sets of posters have been changed from time to time in the year. Handbills were used at Birmingham. Reproductions of suitable posters with leaflets were issued to 22,000 schools in the United Kingdom which had applied for them.

Thirdly, display material at airports has again been sent out and leaflets, both for housewives and for schools, have been issued in great quantities.

Fourthly, lectures have been given. Fifthly, wireless talks to housewives have been arranged by courtesy of the British Broadcasting Corporation, following which 20,000 inquiry applications were received for leaflets. The chairman of the Board and of the Research Grants Committee.

"I met a man who is so similar to you that it would be impossible to tell you apart from one another." "Heaven! I hope you didn't pay him the five shillings that cost me a month ago!"—Lustige Kölner Zeitung, Cologne.

W. N. 1901

tee, both gave talks in connection with the Board's work.

Sixthly, the Board has taken part, extensively, in exhibitions and shopping weeks.

Seventhly, meetings of business men, traders and producers have been addressed.

Eighthly, the distribution of films through theatrical and other channels has been developed.

One Person Who Needs Help

Woman Who Devotes Herself To Home Requires Yearly Vacation

A contributor recently warned husbands to see that their wives took vacations—and, if possible, alone. "Some husbands do that. Others crumple with rage at the first suggestion that their wives need occasional change and rest, a respite from the humdrumness of housekeeping, a chance to get away by themselves and rekindle the untroubled threads of their nervous systems."

Women in business are understood to take vacations. They get tired. The woman who devotes herself to making a home for a husband is often shown less consideration. As our contributor wrote:

Yet no human being works as hard as does a housewife. No other labor is as monotonous as hers. She literally goes round and round in a treadmill in which she is forever cooking meals that are eaten and then cooking other meals that are eaten, and so on ad infinitum.

The husband leaves the house in the morning and mingles with the world, with its ever varying contacts. The wife finds her horizon, day and night, within the same four walls. She is a prisoner of her husband. He can go off flailing with the boys. When it pulls on the wife she is called neurotic and told to get over it.

Women's pleasure is in the home. Why shouldn't she stay there three hundred and sixty-five days in the year?

She hasn't any nerves to be upset. Only business men are supposed to become tired, women engaged in the important business of home-making are made of cast iron.

The fact that most of them go insane proves it.—Detroit Free Press.

The Old Sporting Spirit

Soldier Was Game and Won Out Against Heavy Odds

After a certain fight, the sergeant told the chaplain that one poor fellow was quite beyond hope. The chaplain leaned over the dying soldier. "Well, my dear fellow," he began in a voice of deep emotion, "you are very badly wounded and if you have anything to say or request to me, you want sent to your family, tell me now."

The poor fellow breathed. "My badge cost pocket, he breathed painfully."

The chaplain felt a pocketbook there and took it out. "Is that what you want?"

"Yes," was the faint reply. "Open it."

"Here is a ten-shilling note. Is that what you want?"

"Yes."

"What shall I do with it?"

"Then the soldier said in a whisper, 'Bet you ten bob I don't die.' And he did not."

A Job In Prospect

Some Day Churchill Will Require a Traffic Policeman

Canada's most northerly seaport at latitude 59 has the beginning of a traffic problem. The first motor truck to ramble along the shores of Hudson Bay arrived at Churchill, Manitoba, recently.

Esquimaux and Indians ran for cover when the truck came ploughing along the trails, but a few of the brave were coaxed to take a stomachic with the result that they straggled about with a very superior and knowing air.

In 1932 when Churchill is officially a city there will no doubt be numerous trucks and automobiles in this northern port, and who knows how short a time it will be until, perhaps, a traffic policeman may be presiding at its chief crossing.

One For Every Member

She (showing album)—This is an old photograph of the family doctor.

He—Who's your family doctor, now?

She—Hard to say. You see, mother goes to an eye specialist, brother to a stomach specialist, sister goes to a throat specialist, my brother is in the care of a lung specialist, and I'm taking treatment from an osteopath.

Large Opal Discovered

Discovery of what is believed to be the largest opal in existence at Lightning Ridge, Canberra, Australia, has been revealed. It was said to weigh 171 carats and to be a mass of brilliant colours.

Has First Hand Knowledge

German Scientist Tells How To Combat Hot Weather

A German scientist, Dr. Immanuel A. Blom, passing through Canada on his way to Samoa, ridicules the way in which Canadians seek to combat the hot weather. Dr. Blom knows something about hot weather, having spent some years in German East Africa, combating the tsetse fly, the scourge of tropical Africa.

"Iced tea, cold baths, electric fans, silk underwear are all absurdities in hot weather," he says. He advises hot tea, hot baths and underwear of some thicker porous material.

He says that ice-cold drink, acting as a cold draft to the stomach makes the heart and the rest of the body work harder to overcome the cold effect. "You get hot all over just to have a cool inside for a moment," he says.

According to Dr. Blom, scientific practitioners in the tropics would not dream of giving cold drinks to a patient, but rather of giving him water. It is desired to sweat. Instead, hot tea and a blanket are prescribed to induce a gentle, persistent perspiration and so lower the temperature of the whole body. "This Canadian dread of perspiration, it is a bogey man," said Dr. Blom. "Any physician who prescribes it should try to perspire. It is Nature's own relief."

And then this man for cold baths and hot tea. It is well known that the shock of a cold plunge acts as a tonic to the system, sets up a reaction and makes the body produce more heat. To be warm in winter take cold baths. But in summer should be hot baths.—Regina Daily Star.

Denmark Making Bid For Canadian Market

Have Shipped Finest Cuts Of Ham In Attractive Packages

There is food for thought for the Canadian farmer in the recent arrival in the Canadian market of tinned hams from Denmark.

When it comes to marketing its production, or over-production if you prefer, the little kingdom of Denmark sets a pace which is hard to beat. Not only do they market their products in all the usual forms, maintaining the dominant position in the British market, but they are now processing the finest cuts of ham and marketing them actively, and making a strong bid for the larger consuming centers in their own Canadian market.

Canadian farmers should find an incentive to opportunity in the situation. A study of the fundamental principles underlying Danish methods might hold much of useful interest.

Fruit Syrups

Syrup Is An Important Factor In The Home Canning Of Fruits

In the home canning of fruits the syrup used is an important factor in success. The kind of syrup to use varies with different fruits. In putting up raspberries, peaches and pears use 1 cup of sugar to 2 cups of water; for rhubarb and cherries, 1 cup of sugar to 1 cup of water; and for strawberries and plums use 2 cups of sugar to 1 of water. All syrups should be boiled five minutes before being added to jars. Fill jars with fruit, packing as firmly as possible without crushing, then, cover with syrup.

Population Of Paris

Results of a recent census of Paris show that the French capital proper contains 2,871,000 inhabitants and that Greater Paris, which contains this area and the suburbs, has a population of 4,877,000. The city has increased only about 32,000 in the last five years.

He—Do you have any trouble with 'shall' and 'will'?" Him—No; the wife says 'You shall,' and I will 'I will'."

Canadian School Histories

Need For Standard History In All Schools Throughout Dominion

Delegates to the convention in Calgary of the Canadian National Federation of Home and School Associations stressed very loudly the need for a standard Canadian history in all schools throughout the Dominion. That need is a very real one and will grow more obvious as the years go on. The history of this country, as we know it, is not sufficiently ancient to permit of any serious controversy on fundamental historical facts. That is to say, the important facts of Canadian history have been described with presumably reasonable accuracy.

But as time goes on, in each country there will arise a mass of legend about each historical incident that centres in that community so that the entire picture of Canadian history is thrown out of perspective. The tendency will be for Canadians to colour their historical conceptions to the light of the community they happen to favour.

When that time comes, Canadians will have to choose between a history that is written not with reasonable accuracy but with absolute fidelity. The ideal Canadian history for the future must be written with absolute fidelity, but with a charm of colour and imagination.

There is hardly one Canadian history in use in our schools that is not remarkable for its dullness. There is no reason for it. The quality that contributed to the founding of this country is romantic in the extreme. For this ideal standard history to be written is now, while the country is still young enough to furnish incontrovertible documentary evidence. It is a challenge to the best historians of the Dominion. And the government could do worse than to encourage a lucrative competition for the production of a new Canadian history that must be both accurate and attractive.—Winnipeg Tribune.

Soviets Announce New Basis For Farmers

Payment Made Only For Quality Of Work Performed

As a further detail in the system of rewarding collecting farm labor according to individual merit, the people's commissariat for agriculture decreed that payment now shall be made only on the basis of quantity and quality of work performed.

The decree was another concrete result of the Soviet industrial policy and a departure from the doctrine "from each according to his capacity; to each according to his needs."

The system also was changed to compel farms to fulfil contracts to supply the government first. "This is expected to stimulate the farmers to make the most of the harvest to obtain a larger share for themselves."

Coal To Newcastle

Business Man—"Well, if it isn't John Corcoran, the man I met up in Maine one rainy night six years ago at the Moose River Junction railway station."

Salesman (retreating to the door)—"Good-day, sir."

Business Man—"Aren't you going to try and sell me something?" Salesman—"No. I sell memory courses."

Maiden Lane. In New York City, got its name because it once followed the course of a small stream where Dutch girls of pioneer days washed clothes.

A statistician is a man who loves figures so well that when he has nothing else to do he looks for objects to put to end to just to see how far they will reach.

CANADIANS HONORED BY ORDER OF ST. JOHN



His Majesty has approved the conferring of the Venerable Order of St. John of Jerusalem on several Canadians, and above are four who have been honored: Hon. J. H. King, who has been made Commander of the Order of St. John M. Wood (top centre), and Fred Cook (bottom centre), who has also been made Commanders, and Hon. Murray MacLaren, who has been made a Knight of Grace of the Order.

Soviet Russia Taking Canadian Engineers

Holds Out Attractive Offers To Scientists and Industrial Experts

With Soviet Russia enticing many of Canada's industrial experts and men of science she is obtaining ammunition with which to further her industrial war against Canadian products.

Recently, a chief engineer with 20 years' association with one of Canada's basic industries (a mineral industry) produced 80 per cent of the world's output) left for Russia. There his 20 years' experience will be employed to help establish Russia on the important basis with Canada.

Russia's buying of Canadian and American brains to further her industrial program presents a problem which has yet to be solved. Seeking upon a time when many industrial plants in Canada are curtailing operations, Russia has been successful by attractive offers of remuneration, in augmenting its staff of technical advisers. Unfortunately there is no embargo on the emigration of these little, mostly office employees on Russian product into Canada available but little in world markets.

To forestall the emigration of graduates from Canada's universities abroad and to assist in their homecoming the Technical Service Council has been set up. This council is doing great work in finding positions in Canada for Canadians. It is realized that a real loss is to be incurred if the cream of our rising generation seek employment abroad. While the council bends its efforts to retaining this talent, competition Russia is bidding for them makes the problem more involved. The solution lies in developing home opportunities.—Financial Post.

Flight Of Birds

Flocks Of Geese Known To Have Attained Altitude Of Five Miles

Some birds fly at an altitude of approximately five miles is reported by T. H. Harrison, of Pemungo College, Cambridge, England, in "Nature," the British Journal of Science. This flock was included accidentally in a photograph of the sun which made it possible for its altitude to be estimated.

Mr. Everest explorers, Mr. Harrison says, have reported birds—juncos, geese, curlews and choughs—higher than 20,000 feet. Birds have been noted from aeroplanes at an approximate altitude of 15,000 feet.

But the records of migrations at extreme heights are so few, Mr. Harrison says, that it must be concluded that the great bulk of bird travel takes place below 3,000 feet.—Regina Leader-Post.

Weed Control

Use Of Commercial Fertilizers Found To Be Of Assistance

An interesting feature in connection with the use of commercial fertilizers when drilled in with grain crops is the fact that weeds are killed off by the heavy growth of the grain plants. Extensive tests in the growth of grain with fertilizing results in with the seed carried out by the Dominion Experimental Station at Scott, Sask., show that not only do increased yields result from the use of phosphatic fertilizers, but damage from wireworms is lessened and the rapid plant growth which results literally smother out weeds.

It is the book with the attractive binding that is most in demand in these days, says a publisher. Naturally, it is bound to sell.

Punny how prejudice will urge you to elect a man to manage public affairs who would be hired to manage a small store.

Some Astounding Figures

Show Why London, England, Is Called World's Greatest City

The census figures for Great Britain are now being compiled, and an announcement with regard to London, England, shows that it has a population of over 5,000,000. That makes it "Greater London," being the area within the jurisdiction of the Metropolitan Police. That makes London more than a million larger than "Greater New York." The New York area is growing at a faster rate than London, but it will take a long time to make up that million.

The form London has several meanings. There is the City of London, the real old London which was in existence in Roman times, and now comprises an area of only 675 acres situated at the junction of the Strand and Fleet Street on the west, and Aldgate and Whitechapel Road in the east. By day this vast commercial and financial district has a population of about a million and a half, mostly office employees, and at night that City is left to the care of some 20,000 janitors.

There is the London postal area, which comprises 274 municipal boroughs, each of which is really a large city in itself, each self-governing, each doing great work, and each with 5,000,000 spread over an area of 74,436 acres.

There is the "Greater London," which is the area of the London County Council, covering 438,424 acres. For a vast number of Londoners the suburbs are the only place to live, owing to the magnificent system of tube railways, or subways, which are the most efficient and cleanest in the world, trains running automatically during the rush hours at intervals of only forty-five seconds between trains.

London's transportation system provides astounding figures. There are 650 railway stations, 360 miles of street cars, thousands of double-decked buses and thousands of taxicabs. Each year the local railways carry about 200,000,000 passengers, the London Underground about 1,000,000,000, and the buses another 700,000,000.

London naturally has a stupendous water supply, some of it being piped from as far away as Wales. It has thousands of acres of beautiful parks, and despite the smoke which is the cause of the world's worst fogs (twister), it is one of the cleanest and healthiest cities in Britain. There is far more smoke in Manchester, Sheffield or Glasgow than there ever is in London.

There are 3,000 acres of water space in the docks, and the total trade of the port is about five billion dollars a year.—St. Thomas Times-Journal.

Prove Cynics Wrong

London's Official Statistics Show Marriage Not Always Mysterious

Cynics tell us that marriage is but another name for purgatory. It is a view which is popular today.

Anyone who shares it, however, should be reminded that the statistics for 1929 which have just been issued.

These reveal that of 37,000 London brides in that year, 2,500 were widows. And about half this undaunted band married widowers. Evidently, then, the smoke which is very short, marriage is not always such misery as the pessimists would have us believe. So carry on, Cupid.

Planiat For Ninety Years

Francisco Berger has created at least one record. He has been engaged in his profession of planist for close on 90 years. He made his first public appearance when he was eight, and is teaching three days a week at the Cathedral School of Music, London. England, and is also a member of the Royal Academy of Music.

Teacher—"Hence, why should we always pay our bills promptly?"

Bright Boy—"So we can charge some more next month."



"How is your brother after his operation?"

"Better."

"He has become engaged to his nurse."—Kasper, Stockholm.



Smith: "Aren't you having a holiday this summer?" Brown: "I don't quite know. The family have decided to go on the instalment system—and I'm the final instalment."—The London Opinion, London, England.



By Annette

Making Aeroplanes Safe
Slotted-Wing Device Prevents Nose Dive and Tail Spins
It was revealed recently that the famous Handley Page slotted-wing invention, a device that has gone far to rid heavier-than-air flight of the perils attendant on "stalling" or loss of flying speed) already stands to yield \$2,500,000 from world rights sold and royalties paid and accruing.
F. Handley Page built his first airplane away back in 1909; a dainty looking monoplane with heavily curved wings and swept back tips. It remains formed an interesting exhibit in last year at the opening of his company's private aerodrome at Radlett. During the war his name became synonymous with the big bomber. Since the war he has been responsible for the building of various types of "heavy transport" war machines and smaller experimental types for the Royal Air Force, while on the civil side Handley Page activities have provided air liners for the Imperial Airways' fleet.
But, in spite of these achievements in aircraft building, today his name is perhaps best known in association with the slotted wing, which enables an aeroplane to retain its flying speed when it is in a stalled attitude. The pilot thus keeps control of his machine and there is no danger of the deadly nose dive and tail spin after "stall" which have caused death and injury to many flyers in the past.

A Strange Request

Blind Woman Wills Eyes To Scientists

For Observation

A woman scientist, Miss Florence Buchanan, D.Sc., of Museum Road, Oxford, England, who has been failing eyesight and eventual blindness, directed in her will that her eyes be saved for science. She stated that she wished her eyes to be removed as soon as possible after her death and preserved with a view to their being sold for £1,500 for the examination and for the publication of its results, and she also left her own account of the state of her eyes compiled from observations since 1929. She died last March and left property of the value of \$85,645. Her wish as to the disposition of her eyes was carried out, according to Dr. William Collier, Consulting Physician to Radcliffe Infirmary, Oxford, and a former president of the British Medical Association.

In an interview Dr. Collier said: "It remains to be seen whether it will be possible to correlate Miss Buchanan's own observations with the examination of her eyes. The work is being undertaken, but it will not be completed for two or three years."

Gold Dust From Seaweed

Seion Of Millionaire Family Claims Novel Process

Frank Jay Gould, scion of America's multi-millionaire family, having made money out of Pyrenees dairy herds, chocolate, print, real estate developments, hotels, and along the golden sands of the French Riviera and from the baccarat tables, has now turned to seaweed to further bolster his fortune.

Simple, undisturbed seaweed will be converted into gold dust, theoretically, by the Gould process.

The waters along the Brittany coast abound with seaweed called "sea-wrack." This sea-wrack when burned and treated by a special process furnishes iodine. It can also be used to make a very tasty cow food. It can also become fertilizer. All those processes will be used by Gould in making his gold from seaweed.

Passed With Honors

Pupil Of Travelling School Successful In Entrance Exam.

Rene Thibault, youthful French-Canadian school pupil of Ramsay, has passed his first entrance examination. He has received his education on one of the five school cars operated by the Ontario Government on railway lines in northern Ontario. Rene is the first pupil attending the travelling school to pass the entrance. Five years ago, he could not speak a word of English.

Very Polite

"I asked my girl what she thought of me and she said she thought I'd be very attractive to me. What on earth do you think she meant by it?"
"—It was just a polite way of saying that you are a piece of cheese."

"Kind lady, can you help a poor man that's been to the front?"
"—No, I've nothing to give away, and I don't believe you've ever been to the front."

"I have, lady, but couldn't make you hear."



and his dog SCOTTIE

WHAT CAME BEFORE—Captain Jimmy, who was a Scotchman, was a strange adventurer while living over the sea. He had a dog named Scottie. He had a dog named Scottie. He had a dog named Scottie.

After searching from the enemy's side, we pushed the plane to an altitude of 10,000 feet, and landed it straight for Shanghai.

In the morning when I was in a familiar flying field, I saw a small green hand-buffet in the early sunlight. I heard the beginning of the spiral, and I saw the spiral.

Then to our amazement a Lieutenant and a detachment of soldiers drove up and told us we were under arrest. Why, why, why are we under arrest? I asked one of the soldiers.

"We were surprised that ever General Lin had been my friend and helped me in the beginning of the spiral, and I saw the spiral."

"What charge are we arrested?" I asked.

"The 'Changsha Colonel Peng' responded to the officer."

We were landed into an army truck and taken to the headquarters of the 'Changsha Colonel Peng' in the morning. In the morning we arrived in the morning. In the morning we arrived in the morning.

General Lin welcomed me gravely, shaking hands with himself in Chinese fashion. He was a Scotchman, and he was a Scotchman. He was a Scotchman, and he was a Scotchman.

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WORLD HAPPENINGS BRIEFLY TOLD

Italy launched 484 building and road improvement projects in the last year. Her Majesty Queen Mary has accepted from Hon. G. Howard Ferguson, Canadian High Commissioner, a gift of six north Atlantic sealskins. Postage stamps may be affixed to cheques or receipts in place of excise stamps. It has been definitely announced by Dominion postal authorities.

The Chinese Ministry of Industries reports that the silk crop in several provinces has been a total failure and a shortage in raw silk may be expected.

The British Dental Association has accepted definitely an invitation to hold a joint convention in Toronto next summer with the Canadian and Ontario Dental Associations.

Some unknown Bedouin mile foreman, working for the ancient Egyptians, about 1,800 years before Christ, has been credited by Prof. Martin Sprengling, of the University of Chicago, with inventing the "X" ray.

Gerry Burk, Indian agent, suddenly stricken with an illness requiring an immediate serious operation, was taken by airplane from Port Arthur to the Mayo clinic in Rochester, a distance of nearly 500 miles.

Cheques of five dollars and under exempt from the stamp tax by an amendment to the War Revenue Act adopted in the House of Commons. The amendment was proposed by the Government.

The supplementary estimates tabled in the House of Commons contain an appropriation of \$21,731 to provide for the construction of an ice-breaker for Hudson Strait. This latter item is a revote.

Hon. Patrick Burns, Canada's newest senator, has been introduced to his legislative duties in the Upper House, the sponsors being Hon. Gideon Robertson, Minister of Labor, and Hon. W. B. Willoughby, Government Leader in the Senate.

There is more copper in the United States 5-cent piece, than there is in the nickel, but only known in the United States 1-cent piece, commonly called a penny.

The woman who drives from the back seat of a car is no worse than the man who cooks from the dining-room table.

No horse has won the Grand National Steeplechase of England more than twice and only six have achieved this distinction.



"Mother, I knew as soon as I came in that we had visitors." "How did you know that?" "Because you are using your company vehicle." — Sondergauss-Strick, Bloomsbury.

W. N. U. 1901

The Rail Zeppelin

Interest in Germany's New Propeller Coach Is Increasing

Experiments in Germany are proceeding with impressive success in the development of the "rail-zeppelin" invented and constructed by Dr. Francis Kruckenberg. At a recent test on the railroad between Hamburg and Berlin a propeller-driven coach made a trip over a 161-mile course in 1 hour 38 minutes exactly, according to schedule. Its average speed was 105 miles an hour and it attained at times a rate of 143 miles an hour, outdistancing the airplanes which accompanied it on its run. It is not because the rail-zeppelin proved to be so fast that this experiment is of significance, but because of the evidence it afforded of the interest in it being taken in this new means of locomotion by the German railways. The test was made on the main line between Berlin and Hamburg and all other traffic was temporarily diverted to the sidings in order to give the propeller coach a clear field. If the rail-zeppelin can be convinced of the safety and economy of the rail-zeppelin as they have been convinced of its speed there may be developed a new rival to the airplane and the motor bus for fast transportation.

Islands Not Sunken Continent

Land Emerging In South Atlantic

Merely Mountain Peak

The "Lost Atlantis" theory of the origin of the tiny scrap of new land that has emerged near St. Paul's Rocks, in the middle of the South Atlantic, off the coast of Brazil, is scouted as utter nonsense by Dr. Henry Washington, volcanologist of the Carnegie Institution at Washington. Dr. Washington recently completed a critical study of rocks from the St. Paul group.

Scientists have a pretty good idea of the depth of the ocean over all its extent. Dr. Washington explained: There is nothing to indicate a sunken continent but there is a most peculiar submarine ridge running down the length of the Atlantic, splitting the ocean into an eastern and a western half. It is like a great mountain range with only the highest peaks emerging as islands. These emerged peaks are familiar to us as the Azores, Ascension, Tristan da Cunha, St. Helena, Gough, Bouvet, and St. Paul's Rocks. The newly emerged islets, if they may above the surface, will add another lower summit or two to the dry part of this sub-Atlantic mountain range.

Mineral May Be Exchanged For Wood

South Africa May Arrange This Trade With Canada

Great interest has been aroused in the Union of South Africa over reported proposals to exchange large quantities of South African manganese for quantities of Canadian timber. The extent to which the proposals are expected to develop is shown by the expectation that a special Canadian smelting works will be developed capable of supplying all the manganese requirements of the North American continent.

Motor crashes will occur so long as people drive as if it were nobody's business.

Put a little sugar into what you say and take a little salt into what you hear.



A CHIC LITTLE SUIT

The dress, with accompanying jacket remains a favorite. And this one has dual personality, for it is equally smart without the jacket.

The hip yoke ending in deep point of outline at the front is very slimming. The inverted plait in the lower skirt provide interesting focal point.

This little suit can be carried out in any of the soft crepe silks in plain or print and will serve for town or country. Linen, shantung, this woollens, cotton mesh and many rayons also suitable.

Style No. 336 may be had in sizes 12, 14, 16, 18, 20 years, 30 and 38 inches bust. Size 16 requires 3 1/2 yards of 35-inch material for dress with 1/4 yard of 35-inch contrasting fabric. Takes 1 1/2 yards of 35-inch material. Price of pattern 25 cents in stamps or coin (cash preferred). "O" cup cut carefully.

How To Order Patterns

Address: Winnipeg Newspaper Union, 315 McDermott Ave., Winnipeg.

Pattern No. Size

Name

Town

British Industries Fair

Reservation Of A Canadian Section Has Been Made

It was announced by the Department of Trade and Commerce that reservation of a Canadian section at the Birmingham section of the British Industries Fair next year has been made by the Canadian Exhibition Commission. "The same space as was held this year has been secured, and is located in the heart of the show. Considerable attention has been attracted in past years to the overseas Dominions and Colonies."

World's Greatest Negro City

Close To Third Of A Million Coloured People In New York

New York, as a Negro city, the census figures confirm, is growing. The 73,000 Negroes who already make Harlem the capital of the Negro race in America back in 1920, had swelled to 224,670 in 1930, and the black tide had flowed west of Eighth Avenue and up to Washington Heights so that the Negro center now includes what is a third of a million people, the daughters of Africa—and of America. Harlem-in-Manhattan is the greatest Negro city in the world today and the greatest Negro city in history.

"Is that an eight or a twelve?" asked the admiral of Mr. Twitchell's new automobile.

"Both," replied Elmer. "Eight cylinders; twelve payments."

A fool can do more damage in a minute than a wise man can undo in six months.

Borden's Chocolate Malted Milk

The health-giving, delicious drink for children and grown-ups.

1 Pound and half pound tins at your grocers.

Favours Empire Lumber Fewer Airplane Accidents

London County Council, London, England, Looking Into Industry At Vancouver

E. M. Deuce, vice-chairman of the London County Council, London, England, and a former chairman of the Council's Housing Committee, arrived in Vancouver to make personal enquiry regarding the lumber industry there.

The London County Council, in connection with its scheme now well under way to build 125,000 houses in different parts of the city, recently adopted definitely a policy of preference for empire lumber and other building materials, price and quality being reasonably equal.

The purpose of Mr. Deuce's visit is to ascertain at first hand the extent to which Canadian lumber may be used and to make necessary arrangements so that the Canadian product will have a fair chance for its proper share of the business.

Wild Duck Hatch Affected

Drought Has Dried Up Lakes and Sloughs In Western Canada

Recent rains throughout the western provinces have come too late to alleviate the most serious crisis in the wild duck group in a generation. Hon. T. G. Murphy, Minister of Interior, says.

The lakes and sloughs where a great proportion of the continent's duck supply is raised, have been drying up since the fall of 1929, and the comparatively light rainfall of the past few weeks will do little to fill them up. The duck nesting season has been concluded in a large number of ducks from eggs laid at this time of the year have little chance of survival.

Provincial game officers are working with the department in an effort to meet the crisis, made more serious by the onslaughts of hunters in the past few years.

The Ice Pole is the calculated centre of the ice pack around the North Pole.

BONZO - - - By Studdy



W. N. U. 1901

THE EMPRESS EXPRESS

Published in the interests of
Empress and District
\$2.50 to the United States
Subscription price \$2.00 per
year to any part of Canada
or Great Britain.

R. S. Sexton Proprietor A. Hankin
Proprietors

Thursday, Aug. 20th, 1931

Born—To Mr. and Mrs. H. Doseh, August 12, a son.

D. McEachern left by car on a trip to Sylvan Lake, this morning.

Mrs. Willys, of Dauphin, Man. is visiting her daughter, Mrs. Elmer Wagner.

Mrs. N. Spence, and baby son, are the guests of the former's mother, Mrs. E. S. Sexton.

C. Jarboe has bought a number of the crops from farmers in the Social Plains district for feed for his sheep.

Mr. and Mrs. Steve Bolewicz and family, of Dunmore, were visitors in town over Sunday, of Mr. and Mrs. F. Pawlik.

Const. and Mrs. Cameron and family, left on Sunday by car for Stavely, Alta.

Hospital Sewing Meeting will be held at the home of Mrs. W. Crocker on Tuesday, August 25, at 3 p.m.

Mr. and Mrs. Herb Demorest and family, returned last week from a holiday vacation in Yellowstone National Park.

Mr. and Mrs. A. York, left by car on Tuesday for Cluny, on a visit to Mr. and Mrs. S. Weir and family.

Mr. and Mrs. Stanley Bowers, and Miss M. Peers, of Calgary, were the guests over Sunday, of Mr. and Mrs. E. H. Fountain. Mr. Fountain, who is still in very poor health, returned recently from Calgary.

Mr. and Mrs. Uhas, W. Hayes, of Tisdale, Sask., announce the engagement of their daughter, Lillian Laura, of Calgary, to Stanley Bromley, of Montreal. The marriage will take place early in September.—Mail Bureau.

The two worst stretches of road from here to Calgary are from Empress to Buffalo and a few miles of ploughed-up sand at Fatchin. These bad spots remedied undoubtedly

Coal, Wood, Contract Work or GENERAL.

DRAYING

Light or Heavy Work
Transfer to and from CPR
Depot
PHONE No. 9
for Prompt and Efficient
Service

E. H. FOUNTAIN

Dr. A. K. McNeill

(Dr. D. N. MacCharles)

Physician and

Surgeon

Phone 14

Office - - - Centre Street

DENTIST

Dr. DOWLER

Thursdays and Fridays
Arriving on Wednesday night
Offices - Royal Bank Building
(Opposite Hotel)

AT LEADER:

Saturdays, Mondays and Tuesdays
Prelate on Wednesdays

DOMINION CAFE

FIRST-CLASS MEALS

Good Roasts

Always a Full Stock Carried
Candies, Cigars, Cigarettes
ICE CREAM & SUNDAES
Dance and after theatre lunches
A Place of City Style.

there would be increased travel over the highway.

Mr. and Mrs. H. J. Duff, made a trip by car into the Lloydminster country, last week.

A subscriber once received a dunder through the post office, and it made him mad. He went to see the editor about it, and the editor showed him a few dunders of his own—one for paper, one for type, one for fuel and several others. "Now," said the editor, "I didn't get mad when these came because I knew that all I had to do was to ask several reliable gentlemen like you to come and help me out, and then I could settle all of them." The subscriber was a gentleman at heart. Saw how it was, relented, put up, and renewed for another year.—Ex.

Preserving Tomato—cont.

For small bottles while sealers should receive 4 to 5 minutes.

Flavourings.—The juice considered to this point is pure tomato suitable for feeding to babies instead of orange juice. If it is to be used by adults as a before breakfast drink, it is improved by the addition of salt and sugar at the rate of a level teaspoonful of both to each gallon of juice. If cocktails for dinner are desired, small amounts of mild spices, such as cloves, allspice, cinnamon and red pepper, may be added in addition to salt and sugar. These help to emphasize the tomato flavor which should still be dominant after the blending is finished.—(Experimental Farm Note).

We are informed that Premier Bennett gave a sympathetic hearing to the plea for a bridge across the S. Saskatchewan river at the ferry site when approached by Dr. Gershaw on the subject as a measure of relief. This was during the Premier's visit to Medicine Hat, a few days ago. The next question is will the Province be as interested in what is an urgent need for the East side of the Province or pass it over to further benefit of the western highways. Both Saskatchewan and Alberta municipalities clear along the border line have endorsed the resolution to make the 4th meridian a main highway. This proposed bridge is a necessary link in such a scheme. Relief work is an urgent need through these constituencies, and it is nothing else but a reasonable plea of this people for such work to be undertaken.

Here and There

"What could we farmers hope to accomplish without our railways?" asked a Kentucky agriculturist recently. He added that no agency had contributed more to the prosperity of the farmer than the railways.

"I have never yet found any salmon which the salmon fishing could compare with New Brunswick," said Arthur Train, well-known novelist, speaking at a camp dinner given in his honor recently by the New Brunswick Tourist Bureau.

Encouragement came to western Canada's farmers and agriculturalists with the return to normal temperatures and varying rainfall mid-July. In the drought area of Manitoba and Saskatchewan and to a less extent in Alberta very great benefit has been felt.

Authentic rainbow trout weighing 7½ lbs. were taken recently in the French River six miles below the bungalow camp, the first ever caught there according to the oldest guide. It was caught by E. A. Farintosh of New York a year ago just at the camp.

Since the split up of Canadian Pacific Railway common stock into four for one, this issue has taken on great popularity with the general run of investors. Between September and June 1931, the number of shares increased from 21,194 to 84,872, an increase of 13,678.

Over 250 members from Kamloops, Temple, Toronto, went to Glenora and recently by Canadian Pacific special to attend the annual conference and imperial council of the Ancient Arabic Order of Nobles of the Mystic Shrine. This convocation was held last year in Toronto.



Health Service

OF THE
Canadian Medical Association

Edited by

GRANT FLEMING, M.D., — ASSOCIATE SECRETARY

Vitamins

Whatever is new, naturally attracts a great deal of attention, and that is one reason why you hear so much about vitamins. That is not, however, the reason for this article. It is because vitamins are of importance to the health and well-being of each and every one of us that it is necessary for our own good that we be informed concerning them.

For many years it has been known that our foods contain fats, carbohydrates and minerals. It was generally understood that the value of diet depended entirely upon the quantity and quality of these ingredients. These substances are just as important as they ever were, and if our bodies are to be kept well nourished they must receive a sufficient supply of them.

During recent years, however, it has been discovered that there is something else needed to complete the diet. There are other constituents of foods which must also be present in sufficient quantity if the body is to be kept strong and healthy. These newer substances are called vitamins. From all that is written about vitamins, it might be supposed that a great deal is known about them, whereas the truth is that we know comparatively little. What we do know is not only interesting but it is sufficient to make it perfectly clear that the growth of the body and the keeping of the body in a state of health demand vitamins.

There are several different vitamins. If they are not present in the food consumed then such diseases as scurvy and rickets develop. They are called deficiency diseases as they occur when the diet is deficient in vitamins. If the vitamins are only partially lacking, while the deficiency diseases do not occur, proper growth and development do not take place; the body is not healthy and it more readily falls a victim to

infection.

The vitamins are present in many foods, but in varying amounts. The average person can rely upon milk and dairy products, eggs, green leafy vegetables, fresh fruits, tomatoes, (raw or canned) the whole grain cereals to supply him with all the vitamins he requires.

A sufficiency of vitamins is a matter of real importance. It is fortunate that, if the mentioned foods are used regularly

and freely in the diet, one does not need to worry about the question of vitamins.

From what has been said it is evident that the person who lives chiefly on sweets and starchy foods is almost sure to suffer. This does not mean that sweets and starches are harmful—indeed they are not. They should be used, but not to the exclusion of other foods. But a wide variety of foods is safe advice to follow.

5 REASONS WHY

Alberta POOL Elevators are worthy of support ..

- 1 The greater the volume handled by Pool elevators the less the cost of handling per bushel.
- 2 Pool elevators are not operated for profit. They are operated to give the farmers the best possible service.
- 3 Pool elevators assure patrons safety on grades and weights. Close adherence to a strict policy of fair treatment of patrons in respect to grades, weights and dockage is insisted upon by the management, acting under instructions from the delegates.
- 4 The history of grain handling and selling since the time when the practice were first farmed, up to the present, clearly shows the real importance to producers of maintaining an efficient and complete elevator system under their control. This gives producers a power and influence which they otherwise would not have, were they dependent only on facilities owned and operated on a profit-making basis.
- 5 The uneven crop in Alberta, with indications of a reduced aggregate yield from former years only increases the urgent need of seeing that the support of pool elevators so enthusiastically given in past years, is maintained during the coming crop year to an even greater extent.

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